



REVIVE

Detox Retreat

With Health & Fitness Coach Martine Mikhail

3 NIGHTS & 3 1/2 DAY PACKAGE

Arrival Thursday 13th June at 9.30 to Sunday 16th June 15.30

REVIVE your mind and body at our detox retreat in the serene embrace of sunshine and mountains.

€460

PP Fullboard inc. Coach Transfers from Campello.

Accommodation:

Stay in a stylish country chic king or twin room with ensuite. (Price based on 2 people sharing, choice of room on a first come first serve basis.) All rooms with beautiful pool, sea and mountain view with own terrace.

Food included in the detox programme:

Wake up to an energising smoothie, a detox lunch smoothie/soup, an afternoon refreshing snack juice and a delicious alkaline based vegetarian gourmet dinner each evening. Unlimited water and herbal teas. Lebanese lunch on the beach on the first day.

Entertainment:

Daily Guided Morning Walks - 3 Fitness Classes a day including Yoga on the beach, Hatha/Yin Yoga, Pilates, Bootcamp, Aqua Gym & Dancefit - Creativity Workshops - Mindfulness Workshops - SPA Workshops - Cooking & Nutrition Talks - Body Composition Reports - Games Night - Free Time for Sunbathing, Optional Massages or Mountain Biking.

"GROW YOUNGER NOT OLDER!"

RESERVE NOW

Contact Martine: 0034 688 794916

WEB:REVIVERETREATSSPAIN.COM

LOCATION: FINCA EL OTERO

Calla Atalaya 60, Aguas de Busot,
Spain, 03569



REVIVE

Detox Retreat

With Health & Fitness Coach Martine Mikhail



THE FIG ROOM



THE ALMOND ROOM



THE POMEGRANATE ROOM



THE CAROB ROOM



THE OLIVE ROOM



THE PINE ROOM

Cleansing alkaline based food & drink included for 3 days

- Breakfast & lunch smoothies aswell as the awakening juice
- Gourmet vegetarian dinner by the fantastic in-house chef
- All water & herbal teas
- Healthy snacks



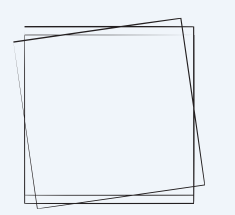
ROOM CHOICES

The retreat guests have exclusive access to the swimming pool, lounge & garden areas throughout their stay.

Based on 2 sharing - first come first serve

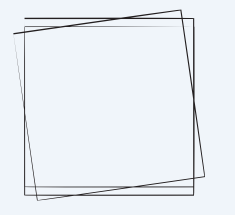
The Fig Room Modern Superior

king or twin - aircon - shower room with free toiletries & hairdryer - private terrace with pool & mountain views.



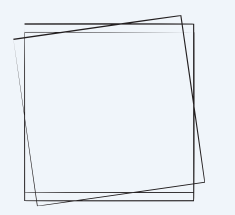
The Pomegranate Room Modern Superior

king or twin - aircon - shower room with free toiletries & hairdryer - private terrace with pool & mountain views.



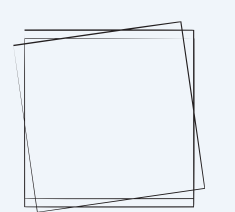
The Olive Room Standard king

king - enriched with olive wood - aircon - shower room with free toiletries & hairdryer - private terrace with pool & mountain views.



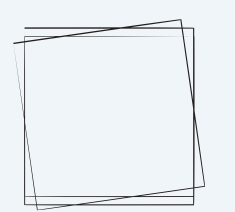
The Almond Room Standard king

king - earthy tones with blue entwined - aircon - shower room with free toiletries & hairdryer - private terrace with pool & mountain views.



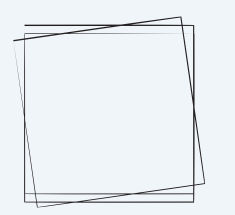
The Carob Room Standard king

king - earthy tones to reflect colours of the carob - aircon - shower room with free toiletries & hairdryer - private terrace with pool & mountain views.



The Pine Room Standard king

twin - embraced by the pine tree - aircon - shower room with free toiletries & hairdryer - private terrace with pool & mountain views.



ENJOY YOUR STAY!

Contact Martine: 0034 688 794916

LOCATION: FINCA EL OTERO

Calla Atalaya 60, Aguas de Busot,
Spain, 03569



REVIVE

Detox Retreat

With Health & Fitness Coach Martine Mikhail

EXAMPLE ITINERARY

- 07.00** STUNNING GUIDED WALK IN AIGUES
- 9.00** ENERGISING BREAKFAST DETOX SMOOTHIE
- 10.30** FREE TIME OR AQUAFIT
- 12.00** CLEANSING DETOX SMOOTHIE OR SOUP
- 13.00** CREATIVE, COOKING OR MINDFULNESS WORKSHOP
- 14.30** FEETIME OR BOOTCAMP - SNACK TIME
- 16.30** FREE TIME OR HATHA OR YIN YOGA
- 18.00** GOURMET VEGETARIAN DINNER BY RESIDENT CHEF
- 20.00** CREATIVE, WELLBEING OR SOCIAL EVENING

SWITCH OFF YOUR PHONE & EXPERIENCE TIME AWAY AT THE MOST BEAUTIFUL AND TRANQUIL LOCATION UNDER THE MOUNTAINS OF AIGUES, JUST 10 MINUTES AWAY FROM CAMPELLO.

RELAX AND TAKE PART IN AS LITTLE OR AS MUCH OF THE ACTIVITIES AS YOU WISH. THE PROGRAMME HAS BEEN CREATED TO HELP DETOX AND REVIVE THE BODY AND MIND... SO YOU CAN EXPECT TO LEAVE THE WEEKEND FEELING A NEW LEASE OF LIFE & LOSING BETWEEN 3 - 7 LBS.

WE HOPE THE EXPERIENCE WILL BE TRANSFORMATIONAL!

RESERVE NOW

Contact Martine: 0034 688 794916

WEB:REVIVERETREATSSPAIN.COM

LOCATION: FINCA EL OTERO

Calla Atalaya 60, Aguas de Busot,
Spain, 03569